HOWARD WESTON SENIOR CENTER

1 BASSETT AVENUE, MANOR PARK NEW CASTLE, DELAWARE 19720 (302) 328-6626

STAFF

SANDRA S. KRETT EXECUTIVE DIRECTOR

VICKI K. SHERATON DIRECTOR

DONNA HURLEY SITE MANAGER

BETSEY MOORE CRAFT INSTRUCTOR

BEVERLY J. MCCOOL PROGRAM COORDINATOR

> PAUL O'BRIEN CHEF

BOARD OF DIRECTORS

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DARREN WRIGHT VICE-CHAIRMAN

GREGORY YACUCCI TREASURER

BARBARA McCAFFERY

BETH ORSEGA-SMITH







"We wish you a Merry Christmas, We wish you a Merry Christmas, We wish you a Merry Christmas and a Happy New Year."



The Weston Staff is grateful that you are part of our Weston Family. We thank you for your support of the center.

Dine-Out Club

December Dine-Out will be on December 7, 2022 Porto-Fino's New Castle @ 4:30 p.m.

For those of you who are not familiar with our "Dine-Out" program, we visit an area restaurant on the first Wednesday of each month. It is a great time to eat out with your friends and for our singles, not having to eat alone. Generally, the restaurant will give the center a gift card to their restaurant to be used in one of our many baskets we chance off throughout the year!



SNOWFLAKE DINNER DANCE



Friday, December 9, 2022 4:00p.m.-9:00p.m Cost \$ 15.00

Includes dinner, dancing and a great time! Joanne Brady will be our DJ, so come ready to dance! Holiday attire is requested.

MEMBERSHIP

The Weston Senior Center welcomes all persons 50 years of age and over.

All members and guests participating in activities and programs offered by the center must be able to take care of their personal care needs and make independent decisions.

MISSION

THE WESTON SENIOR CENTER WAS ESTABLISHED IN 1978 FOR THE PURPOSE OF ENHANCING THE QUALITY OF LIFE FOR THE SENIOR POPULATION BY PROVIDING MUCH NEEDED SERVICES AND PROGRAMS.

E-MAIL – WestonSrCenter@aol.com

WEBSITE -WestonSeniorCenter.org

Facebook - Weston Senior Center

WESTON'S UNITED WAY number is 9336.





2022-2024 ADVISORY COUNCIL MEMBERS

Linda Brown Pat Burk Carol Cathell Judy Egner Beverly Ellis Dot Evans Jeannette Henretty Dutchie Jensen Linda Loveless Barbara Markey Michele Merlonghi Cecelia Sanders



ADVISORY COUNCIL – The Advisory Council meets on the first Wednesday of each month at 11:00 a.m. in the Community Room. If you have concerns or suggestions, please feel free to contact a staff member or a Council member. If you prefer, the suggestion box is always available for anonymous comments, etc.

WESTON ADULT DAY CARE CENTER

Check out our NEW website: http://www.westonadultdaycare.org/

Weston has an Adult Day Care Center right in our building.

The Weston Adult Day Care Center is open
Monday through Friday from 8:00 a.m. to 4:00 p.m.
and provides services to those still independent but in need of supervision
and assistance in an effort to delay their placement in
long term care facilities (outside their homes).



<u>Programs:</u> Socialization, as well as mental and physical stimulation, becomes even more important as we age. Our Director plans a variety of social, intellectual, cultural and educational group activities based on the individual interests of our participants.

<u>Nutritious Meals:</u> A Registered Dietitian oversees the daily menu, which includes a nutritious lunch, as well as snacks throughout the day.

<u>Services:</u> Licensed Nurse on staff who coordinates care with your physician. We provide professional nursing care, medication administration, wound care, assistance with activities of daily living, including toileting and assistance with meals.

Weston Adult Day Care is open Monday thru Friday from 8:00 a.m. to 4:00 p.m. Full days, half days

Full days, half days and flexible schedules are available. Weston Adult Day Care

is fully licensed by the
State of Delaware.
Contact Weston Adult
Day Care:

302-328-6425



Weston's Social Adult Day Care Program is the perfect solution for seniors who need assistance but would like to continue living at home. Our program is designed to provide the high quality social, nutritional, and daily living services your loved one needs in a safe, supportive and stimulating environment. This allows you, the caretaker, to go to work or take a break from your care-giving responsibilities and have the peace of mind knowing that your loved one is being well taken care of.

CAREGIVERS SUPPORT GROUP – Caregiver support is available in the Adult Day Care Center. If you know of anyone who would benefit from attending please contact us @ 302-328-6425

THE "ARTS" and THE "CRAFTS"



<u>CRAFTS WITH BETSEY</u> – Join our crafters daily from 9:00 a.m. to 1:30 p.m. Betsey is available Tuesdays thru Thursdays from 9:00 a.m. to 12:00 noon. Check out our "Make & Take Craft Table." Each month we will feature a new simple craft that you can make for free. All supplies and instructions will be located on the table and it is open to all members. One per person please! Cemetery



<u>CERAMICS</u> – The Ceramics Room is open daily from 9:00 a.m. to 2:00 p.m. Join our talented painters as they create ceramic pieces for all occasions.

arrangements are available for \$15.00 (see Betsey).



<u>BEGINNER QUILTING CLASS – Sara Walker is our new Quilting Instructor.</u> The class is on held on Friday from 9:30 a.m. 11:00 a.m. All levels of skill are welcome!

CARDS AND GAMES ...



<u>POKENO - Last Tuesday of each month @ 12:30 p.m.</u> in the Community Room. If you are interested, please join us, we will teach you how to play.



<u>BINGO</u> – We would like to welcome everyone to play Bingo on Monday, Wednesday and Thursday mornings from 9:30 a.m. to 11:30 a.m. We have new and exciting games, plus an extra money pot on certain games played. Please join us – it's lots of fun and be sure to bring your pennies! <u>The Bingo Room is looking for volunteers to call Bingo once or twice a month. Please see the sign-up sheet in the Bingo room.</u>



<u>NICKEL/NICKEL</u> – If Nickel/Nickel is your game, join one of the games going on in the Community Room every day. If you are interested in learning how to play stop by and we will teach you!



<u>SHUFFLEBOARD</u> – Our Fall league has begun! We have 10 teams that meet every Tuesday @ 9:30 a.m. We are looking for substitutes. If you are interested please leave your name with Donna at the front desk.



BILLIARDS - Monday-Friday. We have four billiard tables so there is always room for you to play.



<u>PUZZLE CORNER</u> – If you like to do jigsaw puzzles, check out our puzzle corner in the Shuffleboard Room. We have a great selection of puzzles from which to choose. There are usually two or three puzzles in the process of being completed. Stop by and take a look. You just might find a piece or two.



<u>PINOCHLE</u> - Join us on Thursdays @ 9:30 a.m. in the Dining Room. We will be playing double deck and it is open to everyone.



<u>2022-2023 BOWLING LEAGUE UPDATE</u> – The first session of the Fall Wii Bowling League ends on Friday, December 16, 2022. The second session begins on January 9, 2023. Each team needs to bowl 3 reserved scores before January 9, 2023. We are looking for substitutes. If you are interested please leave your name with Donna.



<u>TABLE TENNIS</u> - Have you ever played Table Tennis? Want to try something new? We have started a Table Tennis group. This group will meet on Thursday's from 9:30 a.m.-11:30 a.m. If you are interested in playing please sign-up with Donna @ the front desk.



<u>RED HATS-</u> Our Red Hats group is back! The "Red Hot Mamas" meet on the 2nd Monday of the month at 11:30 a.m. If you are interested in joining, stop by, they are always happy to welcome new members. See Dutchie Jensen to join the group or for additional information.



<u>WOMEN'S CLUB DELAWARE</u> These ladies are so much fun! Their group runs from September–May. They meet on Wednesdays from 9:30 a.m.-11:30 a.m. and do crafts and play games. If you are interested in joining in the fun, leave your name with Donna at the front desk.



VIRTUAL CLASSES

Attention all members-

If you are interested in joining one of our virtual classes but you do not own a laptop or iPad please see Beverly.

We have purchased 25 iPads that we can lend out to members for virtual classes. If you know of anyone who could benefit from this program, please pass along the information.

How to Join a Virtual Class

- First you must go to our Websitewww.westonseniorcenter.org
- On the front page of our website you will see an icon called "Virtual Classes & Activities"
- Click the "Learn More" Button

You will see-

- A list of virtual classes.
- Click the register button.
- Click on the date.
- Click on the time.
- This will take you to the registration form, just fill it out and click confirm booking.
- On the day of your class you will receive a reminder email.
 Click the link and it will take you to the Zoom web site.
- If you do not have zoom on your PC/tablet/phone it will prompt you to download it.
- You will need to do this one time only.
- When finished you will be asked to join the meeting.

ON-GOING VIRTUAL CLASSES

Virtual Chair Yoga w/ Gail

Mondays from 10:30 a.m. -11:30 a.m.

Non-Denominational Bible Study Virtual & In-Person

Tuesdays from 10:30 a.m.-11:30 a.m.

Virtual Bingo!

Wednesdays from 9:30 a.m. - 10:30 a.m.



DELAWARE HEALTH FOR ALL

Thursday, December 1, 2022 9:00 a.m. – 11:00 a.m.

Blood Pressure Screenings

Weston will be partnering with the University of Delaware's HEALTH for All (Health, Empowerment, Access, Learning, Teaching, Humanity) program (formerly Mobile Health) this year.

This program will provide education and outreach initiatives, as well as health screenings. Screenings would include but are not limited to, stroke, blood sugar, balance and blood pressure.

The students will engage in education and outreach opportunities here at Weston on Tuesdays and Thursdays and we will post the dates and times on the bulletin board as they become available.



STARTING IN LATE JANUARY 2023 – OUR NEW INTERN FROM THE UOFD

"Hello! My name is Allison Kenny and I am a senior Health Behavior Science Major with a minor in Public Health at the University of Delaware. On campus. I am a student volunteer for Lori's Hands and a member of Alpha Delta Pi sorority. I was born and raised in Stony Brook, NY and enjoy spending time by the beach and in nature throughout my hometown. Alongside my academic interests, I also have many hobbies that I enjoy. Reading is something that I have loved from a young age, especially Mysteries and Classics (Jane Eyre is my favorite book of all time). Additionally, I love working out, anything involving art, and baking with my roommates. I am looking forward to spending time at Weston Senior Center and getting to meet some wonderful people!"

FUNDRAISING

FUNDRAISING - OCTOBER 2022



Below is our fundraising status (July 1, 2022–June 30, 2023).

50/50s	\$401.00	
Donations - General	\$20.00	
Donations-Memorial	\$350.00	
Boscovs Friends & Family	\$325.00	
Bingo	\$2,330.00	
Total for October 2022	\$3,426.00	\$3,426.00
Total for September 2022		\$825.20
Total for August 2022		\$649.66
Total for July 2022		\$658.79
Total		\$5,559.74

UNITED WAY CAMPAIGN

United Way donations can be made to the center. Please tell your family and friends working in Delaware to designate the HOWARD WESTON SENIOR CENTER as the recipient of their United Way donation. WESTON'S UNITED WAY number is 9336. If someone is already a contributor, it is easy for them to change their designation to WESTON by calling the Donor Choice Coordinator at 1-866-892-9335 or 302-573-3200 and giving them our number (9336). See Sandy if you have questions or need more information. Thank you for your support!!

<u>INK CARTRIDGES</u> - Thanks to everyone who donates their used ink cartridges to the center. We use them to earn credits for purchases that will benefit the center. Your donations are helping to reduce our supply costs. Keep them coming!

AMAZON SMILE – Make a donation to Weston without costing you a penny! How, you ask? When you make purchases through Amazon Smile, please designate Weston as your charitable organization. They will donate .05% of your purchase to Weston. Free money for us at no cost to you! Go to https://smile.amazon.com.

SHOP WITH SCRIP- This is our Gift Card Fundraiser. There

ALUMINUM CANS/TABS

We have made the hard decision to stop collecting cans for the foreseeable future. We will continue to collect can tabs and take the tabs to the Ronald McDonald House.

PLEASE DO NOT SAVE CANS, JUST TABS!

WEEKLY 50/50 DRAWING

Each ticket is \$1.00 or 6 for \$5.00. Drawings are held on Friday's @ 12:00 noon.

November 2022 Winners

Barbara Seeney - 10/28/2022 - \$114

Elaine Norvell - 11/4/2022 - \$136

Judy Egner - 11/11/2022 - \$75

Ken Thornton - 11/18/2022 - \$123

10 WEEK CLUB You can still buy your tickets!

Cost- \$5.00.
Tickets will be drawn every
Wednesday from
October 19, 2022-December 21, 2022
Weeks 1-9
\$15.00, \$10.00 & \$5.00
Week 10
\$150.00, \$100.00 & \$50.00

CODE PURPLE BAGS

We will be putting our Code Purple Bags together on Thursday, December 8, 2022 @ 9:30 a.m.

Anyone who would like to help please join us!

During the holiday season we at Weston try to support a good cause, by gathering donations for a local organization.

This year we have chosen to support our local churches that offer assistance to the homeless population during a "Code Purple" event.

Our local churches put together Code Purple bags to be given out to the homeless.

We are asking for donations so we can help make these bags. If you are able to help, it would be greatly appreciated. Many, if not all these items can be purchased at the Dollar Store. Once we have collected these items we will pick a day to create our bags. Let us know if you would like to help!

Thank you all for your generosity!

THERE IS A LIST OF NEEDED ITEMS
ON THE FRONT DESK

WELLNESS AND PHYSICAL FITNESS ...

<u>LINE DANCE CLASS</u> – Our dance instructor, Joanne Brady, is keeping us "moving and grooving". Join us on Wednesday mornings from 10:00 a.m. to 11:00 a.m. You are guaranteed to get some great exercise while having lots of fun. The charge for this class will be \$4.00 per person.



<u>LOW IMPACT CARDIO CLASS"- Friday's @ 10:00 a.m.</u>— Mary Ellen Louise is our new cardio instructor. Join us for a wonderful workout utilizing bands, weights and balls to improve your cardio functions. The class will be \$4.00.



<u>WALK, WALK, WALK</u> - Watch out in the hallways! Our "walkers" are off and walking!! Walking will enhance your health and make you feel better. Did you know that 5 times around the "U" equals 1 mile?

HEALTH SERVICES

<u>GOOD RX</u> – Did you know you may be able to get a price break on your prescriptions? Visit GoodRX.com, enter your prescriptions and check the prices. If your prescription is available at a cheaper price, you simply print a coupon and take it to your pharmacy. If you have questions or need help navigating the website, please see Beverly.



<u>ADVANCE HEALTH CARE DIRECTIVE</u> – It is important for you to have an Advance Health Care Directive, more commonly referred to as a "living will". If you have never completed a "living will", see Donna for a form. For those who already have a "living will", you may want to review it periodically to see that it still does what you want.



<u>NEMOURS HEALTH CLINIC – Provides comprehensive dental care, eye examinations, eyeglasses, hearing tests and hearing aids to those who qualify. To qualify, you must be 65 years of age or older, a resident of Delaware and a United States Citizen. Income levels are \$21,900 for a single person and \$33,800 for a married couple after Medicare Part B is taken out. For more information, please contact the clinic at (800) 292-9538.</u>



<u>CAREGIVER RESOURCE CENTER</u> – The Howard Weston Senior Center is a "Caregiver Resource Center" site location. If you are a caregiver and in need of information on services available to you, please feel free to visit our display in the lobby by the fireplace.



<u>DMOST</u> provides a single document that functions as an actionable medical order and transitions with a patient through all health care settings in order that their wishes for life-sustaining treatment and CPR will be clearly indicated. The Delaware Medical Orders for Scope of Treatment (DMOST) program is designed to improve the quality of care people receive at the end of life by translating patient/resident goals and preferences into medical orders. See Beverly for the form!



<u>SENIOR ROLL CALL</u> – Senior Roll Call is a program provided by the New Castle County Police. This telephone reassurance program calls senior citizens on a daily basis with a prerecorded safety message. To enroll in this program, call 302-395-8159. Senior Roll Call is looking for volunteers. If you have questions, please see Vicki or Beverly.



iare Medical Orders For Scope Of Treatment

<u>BLOOD PRESSURE SCREENINGS</u> – Thursday, November 3, 2022, from 9:00 a.m.-11:00 a.m. presented by University of Delaware's HEALTH for All program.



<u>NOTARY SERVICES</u> – Sandy, Vicki and Beverly provide these services should you need to have papers notarized. You must bring identification with you and sign the document in the presence of the notary.

SERVICES

<u>BOOK AND VIDEO LENDING LIBRARY</u> – Our Book and Video Lending Library has a great selection of books and videos for you to borrow. If you find something you would like to view, please check your videos out with Donna and let her know when they are returned.





<u>DELAWARE VOLUNTEER LEGAL SERVICES</u> - Jacquelyn Chicona can assist you with more complex legal issues if you qualify for this program. For more information please call 302-478-8680.



<u>DMAB</u> – is a program to assist you with problems you may have with the complex and often confusing health insurance system. If you need help with Medicare questions, please leave your name and number with Donna.



<u>LEGAL AID</u> – Michelle McLean of the Elder-law Program of Community Legal Aid has suspended in person visits with members at our center. As soon as we have a date for in-person meetings we will let you know. If you need assistance please call 302-575-0660.



<u>DELAWARE ENERGY ASSISTANCE PROGRAM</u> – The Delaware Energy Assistance Program provides assistance with the payment of energy bills for low-income households. You will need to supply documents verifying your income if you wish to apply for participation in this program. While the income limits change each year, we understand that the figures for this year are \$25,776 for a single person and \$34,848 for a couple. If you believe you qualify and want to apply or if you need more information, call 654-9295 or 654-6474.



<u>AARP DRIVERS SAFETY CLASS</u> – The next date for our AARP Driver Safety 4 hr. refresher class is scheduled for Tuesday, January 17, 2023 from 9:00 a.m.-2:00 p.m. Sign-up with Donna at the front desk. The cost is \$20.00 for AARP members and \$25.00 for non-members. Please make checks payable to AARP. See Donna for more information.



<u>STAND BY ME 50+</u> - Gerri Huss from Stand by Me 50+ will be here on the third Thursday of each month from 9:00 a.m. until 11:30 a.m. in the Multi-Purpose Room. This program provides information, resources and support to increase the economic stability of Delawareans age 50 and older who are planning for, or in, retirement. For more information or to schedule an appointment please call 302-651-3427.



<u>SENIOR LEGAL HOTLINE</u> – There is a resource available for Delawareans who are age 60 and older. The Senior Legal Hotline is now up and running. The hotline hours are 9:00 a.m. to 4:30 p.m., Monday thru Thursday. The phone numbers are 302-478-8850 in New Castle County and 1-800-773-0606 in Kent and Sussex Counties. Callers can receive free legal advice on a variety of issues. There are no income requirements for the hotline. The advice will be provided by either a DVLS staff attorney or a volunteer attorney.



<u>THE VIAL OF LIFE</u>— The Vial of L.I.F.E program is a medical information form that the owner completes, then places in the provided medication bottle that is labeled "Vial of L.I.F.E" and placed in your refrigerator. The form includes your medical history, daily medications, demographics, doctor, hospital preference and an emergency contact. The medication bottle is kept in your refrigerator in direct view. The kit also comes with a Vial of L.I.F.E magnet to place on the refrigerator that signifies your participation in this program. See Beverly for your Vial of Life.



NEWS FROM THE COMMUNITY...



<u>DONATIONS FOR THE LION'S CLUB</u> – Do you have any old eyeglasses or hearing aids lying around the house? Please donate them to someone who needs them. Bring them to the center and put them in the Lion's Club donation box.

PLEASE READ!



<u>RESERVING SEATS/MOVING RESERVED SEATS</u> – Our dining room is a very popular place – used for more than just dining. Seats can only be reserved daily when you arrive at the center. Please feel free to place a name tag at your seat. Your cooperation is greatly appreciated.



<u>SAFETY FIRST!</u>-Please help us keep the center and our members safe by hanging your coats/sweaters in the closets. Do not put them on the back of your chair. Also, please do not put your pocketbooks, bags or canes on the tables. Thank you!



PARKING LOT SAFETY

PLEASE FOLLOW THE ARROWS WHEN ENTERING AND EXITING THE SENIOR CENTER. We have had several "close calls." Please stay to the right when entering. The few additional seconds it takes you to follow the arrows may save someone's life or an increase in your insurance rates. PLEASE BE SAFE!



DONATIONS

Donations are welcome at any time. We are currently collecting donations to help offset the cost of maintaining our building. Please support the center if you can! Special thanks to those that have made such generous contributions so far!

COMPUTER LAB

If you have computer skills, please feel free to visit the lab to work on your computer skills, check your e-mail, send e-mail messages, surf the internet, play games, etc.

iPhone & iPad Help is Available!

Do you have an iPhone or iPad and are you tired of asking your children & grandchildren to help you with it?

Ron Pierce has generously offered his services to answer questions

about your iPhones and iPads

He will be here every Tuesday from 9:00 a.m.-11:00 a.m.

December 2022		
1st: 9:30 a.m. to 11:30 a.m. Practice your skills.	8th: 9:30 a.m. to 11:30 a.m. Practice your skills.	15th: 9:30 a.m. to 11:30 a.m. Practice your skills
22nd: 9:30 a.m. to 11:30 a.m.	28th: 9:30 a.m. to 11:30 a.m.	Tractice your skins
Practice your skills	Practice your skills	



NEW MEMBERS

Please take time to meet and welcome the newest members of the Weston Senior Center family.

A BIG WELCOME to the following new members who joined our center from October 16, 2022 to November 15, 2022:

Valerie Carroll
Carmen Harris

Doris Mae Crabill
Lynda Houtz

Ellen Dolmetsch Roz Jacono David Feasel Cecelia Kelly Susan Feasel

Terry Moore

Barbara Lloyd



Greeting cards are available for sale. 10 for \$1.00

Holiday, Birthday, Sympathy and more.

The rack is located in the hallway across from the Ceramic room. See Donna to pay for your items.

DECEMBER

<u>CHRISTMAS MAILBOX</u>— The center will provide a Christmas mailbox again this year for those wishing to exchange cards with other members. Cards can be deposited beginning Thursday, December 1, 2022. With the cost of postage, this is a great way to save. PLEASE address cards to persons who regularly attend our center. Each year we have a pile of undelivered cards addressed to those who rarely come to the center.

<u>SECRET SANTA-</u> This year we will be hosting a Secret Santa Gift Exchange. Anyone who would like to participate will need to sign-up with Donna at the front desk by Friday, December 2, 2022. You will be asked to write your name and 3 suggestions of what kind of gift you would like. All gifts have a \$5.00 limit. Names will be drawn on Monday, December 5, 2022. Please bring your wrapped gift on Monday, December 12, 2022 for our exchange. Half the fun is guessing who your Secret Santa is.

"HELPING HANDS" BINGO & LUNCH- Friday, December 2, 2022 @ 10:00 a.m Cost- \$5.00. Cash prizes, door prizes and lunch are included. We will be gathering donation for our "Code Purple" bags. There is a list of items needed at the front desk.

<u>CHRISTMAS APRON PAINTING CLASS – Wednesday, December 7, 2022 @ 12:30 p.m. Cost \$ 15.00</u> Join Liisa as she teaches us how to paint these adorable aprons. They would make wonderful gifts. Sign-up with Donna at the front desk.

<u>CODE PURPLE BAGS - Thursday, December 8, 2022 @ 9:30 a.m.</u> We will be putting our Code Purple bags together. If you would like to help, please join us.

SNOWFLAKE DINNER DANCE- Friday, December 9, 2022 4:00p.m.-9:00p.m Cost \$ 15.00 Includes dinner, dancing and a great time! Joanne Brady will be our DJ, so come ready to dance! Holiday attire is requested.

MAMMOGRAMS- Tuesday, December 13, 2022 From 8:00 a.m.-12:00 p.m.

The Helen Graham Center is working with us to make this event run as efficiently as possible. We have a conference room reserved where we can relax and enjoy Bingo while we wait.

HOLIDAY FEAST & ENTERTAINMENT- Thursday, December 15, 2022 @ 11:00 a.m. Tickets for this event will be available starting Thursday, December 1, 2022. The cost is \$4.50. You may purchase 2 tickets, one for yourself and one for a friend. There are limited seats so sign-up early. This year we will be entertained by Mary Ellen Louise & The Delaware Diamond Dancers. We will also be exchanging "Secret Santa Gifts".

CENTER IS CLOSED - Friday, December 23 & Monday, December 26, 2022 to celebrate the Holidays.

JANUARY 2023

CENTER IS CLOSED- Monday, January 2, 2023 for New Years.

WINTER WONDERFLAND LINE DANCE PARTY – Friday, January 13, 2023 from 9:00 a.m.-2:00 p.m. Cost \$10.00. All day line dance party. Includes continental breakfast & lunch.



Free Diabetes Workshop Delaware Diabetes Self Management Processing

The Delaware Diabetes Self-Management Program

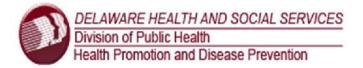
Howard Weston Senior Center~Manor Park

1 Bassett Ave New Castle, DE 19720 January 10 - February 14, 2023 Tuesdays from 12:30pm to 3:00pm (1/10, 1/17, 1/24, 1/31, 2/7 & 2/14)

More knowledge about managing diabetes can:

- Help you prevent and/or delay health complications
- Improve your hemoglobin A1C (average blood sugar reading)
- Help you make better food choices and lose weight
- Help you better control your glucose levels through exercise and stress management
- Help you communicate better with your health care providers
 Sign up for free classes!





Register online at www.HealthyDelaware.org/SelfManagement
For questions or help with registration call
Self-Management Programs at 302-990-0522 or email us at
DPHSMP@Delaware.gov



WESTON WANDERERS GET READY!!

DAY TRIPS 2022

<u>American Music Theatre Christmas Show: Home for the Holidays - Tuesday, December 6, 2022</u>
<u>Cost: \$145.00 pp.</u> Includes- Motorcoach Transportation, "Home for The Holidays" Show, Lunch at Hershey Farms. <u>WAIT LIST ONLY!</u>

2023

Sandy & Vicki have been working hard putting together Trips for 2023.

- ⇒ CASTLES OF NEW YORK May 1-5, 2023. Cost-\$895.00 per person/double. Single-\$1,195 Flyers will be available soon.
- ⇒ <u>WILDWOOD DO WOP</u> June 4-7, 2023. Cost- \$575.00 per person/double. Single- \$715.00 Flyer will be available soon.
- ⇒ MACKINAW ISLAND, MI September 25-30, 2023. Cost- \$945.00 per person/double. Single- \$1,290.00

Day trips schedule will be available in the next newsletter.

SIGN UP AS SOON AS POSSIBLE SO WE AREN'T FORCED TO CANCEL TRIPS.

To better understand the way trips work: The Center must submit payment to the tour companies in advance to book our trips. This is why payment is required ahead of time. When travelling with the center, please be sure to carry your identification and insurance cards with you. The information on these cards will prove invaluable in case of emergency.

- We will enforce a sign-up deadline for all trips. If we do not have sufficient travelers by said date, the trip will be cancelled. The center is required to pay deposits on most trips. In order to get our deposit back, we must cancel by a date set by the travel company or the venue.
- We will no longer hold seats on trips. A 50% down payment must be presented at the time of sign up for any DAY TRIPS.
- For extended trips, a deposit must be paid. In addition, when balance due dates are posted, it means the center must pay for the trip in full. We, therefore, must have all trips paid in full by the balance due date. Thank you for your cooperation.
- Weston trips are open to the public.
- All emergency forms must be on file prior to departure.
- For all trips involving a casino you must be 21 or older.
- We will board the bus in the order in which you signed up. So sign up early!
- Front of the bus! If you have a legitimate reason to sit in the front of the bus, please let us know when you sign up for a trip. We will make every effort to accommodate your needs.
- Seat partners! If you want to sit with a friend on the bus, please let us know when you sign up for a trip. Again, we will make every effort to accommodate your requests.



News from the Kitchen!

LUNCH PRICE

Due to the rising cost of food and paper products it has been determined that we will need to increase our lunch cost. Our regular in-house lunch will go to \$3.00. A Feast lunch will be \$4.00. Homebound meals will be \$4.00 for a regular meal and \$5.00 for a Feast. Take-out lunches will go up to \$5.50 for a regular meal and \$6.50 for a Feast. As always, if you are experiencing a food hardship, please see Sandy or Vicki.

BRINGING FOOD INTO OUR CENTER

Our policy is that outside food is not permitted in the center. However, there are times that exceptions can be made. Examples are when someone has a food allergy and can't eat what's on the menu, medication requires eating frequently. Those needing an exception MUST get permission from a staff member. Your cooperation is appreciated.

<u>SUGAR FREE DESSERT</u>-For those of you who are Diabetic, we offer a sugar free pudding option. Please ask Paul when you are going through the lunch line.

Fresh Cranberry Relish

This 3-ingredient cranberry relish has been a family favorite for generations! It's sweet and tangy and perfect paired with Thanksgiving turkey or even for topping on chicken or pork

Ingredients

12 ounces fresh cranberries

1 orange, with the peel ON

1 cup granulated sugar

Instructions

Slice the very edge root ends off of the orange, just until you see the flesh. Leave the rest of the skin ON the orange and slice it into 8 pieces.

Place the fresh cranberries, orange slices and sugar in your food processor and process until smooth (or until no large chunks remain).

Refrigerate until ready to serve (it tastes best after being in the fridge for at least on hour) or for up to 1 week. Serve over turkey, chicken, pork loin etc.

Notes

To make-ahead: Cranberry relish can be made ahead and stored in the refrigerator for up to 2 weeks. To freeze: Store cranberry relish in a freezer safe container for 2-3 months. To use, remove it from the freezer and thaw it in the refrigerator.

LUNCH POLICY

We are asking that our members sign up for lunch the day before by 2:00 p.m. This will allow us to determine how much food needs to be prepared. You will be permitted to call in for lunches. You will also be allowed to order a week at a time.

TABLE CLEANING PROCEDURES

We have gone back to cleaning the tables with buckets and rags. Each person will be responsible for their own lunch space. Buckets with soapy water will be stationed at the end of each table.

Thank you for your cooperation.

PRICE FOR LUNCH, FEASTS AND TAKE-OUT

The original definition of a "take-out" meal was to provide a noon-time meal for those who are homebound. Over the years, that has changed to a "take-out" meal for whoever wanted one. We must go back to the true definition of homebound and adjust the price of the three options for meals. Our lunch, feast and buffet donations will be as follows.

EAT-IN -

Regular Lunch - \$3.00

Feast - \$4.00

Holiday Feast - \$4.50

HOMEBOUND -

Regular Lunch - \$4.00

Feast - \$5.00

Holiday Feast - \$5.50

TAKE-OUT -

Regular Lunch - \$5.50

Feast - \$6.50

Holiday Feast - \$7.00

MERRY CHRISTMAS

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BOW **FAMILY** SNOW NORTH POLE CANDY CANE **GIVING PRESENTS** STAR CAROLS REINDEER **JINGLE STOCKINGS CHRISTMAS** SANTA JOY TREES ELF LIGHTS SLEIGH

Christmas Crossword



7 8 9 9 10 11 11 11 11 11	
12	

ACROSS

- You can fill it with small toys, candy, fruit or coins.
- 6. A popular Christmas color.
- 7. A hard candy with stripes.
- 9. Santa Claus comes through It.
- People have it in their home and like to decorate it.
- 13. Santa's helpers.
- Used to count the days of Advent in anticipation of Christmas.
- 15. It's cold and white.

DOWN

- 2. Light made of wax.
- 3. It looks like a man made of snow.
- 4. In what season is Christmas Day?
- He brings children their presents on Christmas day.
- Homemade and cut into various shapes related to Christmas.
- Sent by mall as an expression of goodwill at Christmastime.
- Santa Claus is coming to...
- 12. On January 1st we say "Happy New"

WINTER	CANDLE	ELVES	COOKIES	- 85
CHIMNEY	CHRISTMAS TREE	SNOW	TOWN	
SANTA CLAUS	SNOWMAN	ADVENT CALENDAR	YEAR	
STOCKINGS	CARD	CANDY CANE	GREEN	

Free Printable Crossword www.AllFreePrintable.com

December 2022 Weston Senior Center Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3			1	Titlday
Tickets for the Holiday Feast (\$4.50) go on Sale Monday, December 5, 2022	:Hannkkah	*Merry * Christmas Christmas ** HAPPY NEW YEAR *	9:00- Pick up your Secret Santa form 9:00- Blood Pressure Screening 9:30-Pinochle 9:30- Bingo 9:30- Fall Wii Bowling	9:30– Beginner Quilting 10:00 "HELPING HANDS" BINGO & LUNCH- Cost- \$5.00. 10:00– Low Impact Cardio
5	6	7	8	!
9:00- Pick up your Secret Santa Name. 9:00- Fall Wii Bowling 9:30- Bingo 10:30- Virtual Chair Yoga	9:00– Fall Wii Bowling 9:00– i-Phone & iPad help w/ Ron Pierce 9:30– Fall Shuffleboard 10:30– Virtual Bible Study w/ Barbara.	9:30- Bingo & Virtual Bingo 9:30- Women's Club 10:00- Line Dance w/Joanne 10:00- EAT SMART, MOVE MORE 11:00-Advisory Council	9:30-Pinochle 9:30- Bingo 9:30- Fall Wii Bowling	9:30- Beginner Quilting 10:00- Low Impact Cardio Center closed after lunch Snowflake Dinne Dance 4:00pm
12	13	14	15	16
9:00– Fall Wii Bowling 9:30- Bingo 10:30– Virtual Chair Yoga 11:30– Red Hats	9:00– Fall Wii Bowling 9:00– i-Phone & iPad help w/ Ron Pierce 9:30– Fall Shuffleboard 10:30– Virtual Bible Study w/ Barbara.	9:00– Fall Wii Bowling 9:30- Bingo & Virtual Bingo 9:30– Women's Club 10:00– Line Dance w/ Joanne 10:00– EAT SMART, MOVE MORE	9:30– Fall Wii Bowling 9:30-Pinochle 9:30- Bingo 9:00-Geri Huss, Stand by Me 50+ 11:00-Christmas Party 12:00-Holiday Feast	9:30- Beginner Quilting 10:00- Low Impact Cardio Class
19	20	21	22	23
9:30- Bingo 10:30- Virtual Chair Yoga	9:00- i-Phone & iPad help w/ Ron Pierce 9:30- Fall Shuffleboard 10:30- Virtual Bible Study w/ Barbara.	9:30– Bingo & Virtual Bingo 9:30– Women's Club 10:00– Line Dance w/ Joanne	9:30-Pinochle 9:30- Bingo	to the yorld
26	27	28	29	30
CLOSED	9:00- i-Phone & iPad help w/ Ron Pierce 9:30- Fall Shuffleboard 10:30- Virtual Bible Study w/ Barbara. 12:30- Pokeno	9:30– Bingo & Virtual Bingo 9:30– Women's Club 10:00– Line Dance w/ Joanne	9:30-Pinochle	9:30- Beginner Quilting 10:00- Low Impact Cardio Class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU FOR DECEMBER 2022	PLEASE NOTE: The Howard J. Weston Community and Senior Center, Inc. Nutrition Program does not discriminate on the basis of sex, creed, national origin, race or handicap.	KITCHEN STAFF Paul O'Brien	Cheese Ravioli Caesar Salad Boston Cream Pie	2 FEAST Shrimp Scampi Steamed Rice Vegetable Blend Assorted Desserts
5 Glazed Ham Au Gratin Potatoes Peas & Carrots Scalloped Apples	Chicken Pot Pie w/ Vegetables Biscuits Blueberry Pie	Lemon Cod Roasted Potatoes Chef's Choice Vegetable Brownie	Chili Rice Slaw Cornbread Lemon Tart	Egg Salad on Croissant Lettuce & Tomato Potato Chips Assorted Desserts
BBQ Chicken Roasted Red Potatoes Creamed Corn Pears	Pork Chop Mac & Cheese Chef's Vegetable Angel Food Cake	Tortellini Garden Salad Breadstick Eclairs	15 CHRISTMAS FEAST Prime Rib Baked Potato Roasted Asparagus Assorted Desserts	Cheddar Omelet Sausage Patty Home Fried Potatoes Assorted Desserts
Lasagna Garden Salad Garlic Bread Cookies	Baked Chicken Creamy Shells Vegetable Medley Chocolate Cake	21 Meatloaf Mashed Potatoes Corn Assorted Desserts	22 Fish & Chips Cole Slaw Fruit	CENTER CLOSED CHRISTMAS HOLIDAY
CENTER CLOSED CHRISTMAS HOLIDAY	Italian Sausage on a Roll Peppers & Onions Pasta Salad Pie	Pot Roast Roasted Potatoes Carrots Rice Pudding	Oven Fried Chicken Mac & Cheese Chef's Vegetable Birthday Cake/ Ice Cream BIRTHDAY DAY	Peach Glazed Pork Loin Apple Stuffing Braised Brussel Sprouts Assorted Desserts